Thesaurus Remediorum.

A Treasury of choice MEDICINES Internall and Externall.

Exactly composed according to Art, peculiarly and properly fitted and appointed against the infirmities of the principall parts of Mans body.

Their Vertues faithfully discovered, with plain and easie directions to use them.

Justly proportioned and dosed, for all persons according to Strength, Sex, and Age.

Neat and securely sealed up in small quantities and parcels commodious for Use, Carriage and keeping, in long Journeys and Voyages, ready for emergent occasions.

Prized very low, at set rates (for the publick good) that inferior people may procure the benefit: None of them exceeding Two Shillings price.

Very efficacious by often Experiments verified, against the Diseases and Symptomes mentioned in the Catalogue of the sixth page.

By JULIUS DEGRAVERE, *a learned Physitian.*

Whereunto is added,

Diagnostic signs to know the Temperament and Constitution of each Body; With a Physicall Dyet and select Counsels for each Complexion.

Also, Indicating Signs, advice and cautions for purging, vomiting, sweating, and bleeding; with their proper effects and benefits, Aphoristically and methodically digested.

The Second Impression, Revised, Corrected, and Enlarged,

The Medicines diligently viewed, sealed up, and duly ordered by the constant care and appointment of *E. M. Doctor in Physick.*

London, printed by *G. P.* 1662.

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Literato Lectori.

MEdicamenta in parvulo hoc opere ſub nomine *Julii Degraveri* jam ſecundò edita, omnibus his infra in calce libri enumeratis morbis, ad quorum medelam peritè accomodantur, propria experientia in praxi medica ſæpe numero probata, perutilia inveni. Nemo ægre ferat, nec cui ſit mirum, ſi pauperum gratia, publicè illa exiguis prætiis ſine dolo venalia fore quidam curaverint; quippe quòd agyrtæ & impoſtores quam plurimi, quique experimenta per mortes agunt, ſua pharmaca fraudulenta in vulgus perniciosè ſpargunt. Hæc in conſpectu meo fideliter diſpenſata, benè præparata & ſecundum artem diligenter compoſita, meritò laudanda, & in prætio habenda dico: porrò ne quis temerè in uſum cujuſvis horum quamvis ſaluberimi inconſultè ruat; rectus tractandi modus, & propria methodus medendi præceptis obſervatu facilimis, dilucida brevitate ordineque utili demonſtrantur, ut cuique ſanæ mentis errare difficile puto. Quibus igitur res eſt Anguſta domi, ut quotidiano labore parcè vitam trahunt, quorum rumenæ medicis honoraria nunquam emittunt aut argire poſſunt, eorum ſolummodò gratia theſaurus hic inſtituitur, eo tanquam ad Aſylum morbis labo-

rantes confugiant, præclara ubi auxilia suis cujusque malis validè occurrendum parata esse invenient.

Vale lector benevole, & his laboribus cum opus fueris feliciter fruere, ut amissam sanitatem quam maxime desideratam tibi tuisque restituas, sic ex animo optat & precatur.

E. M. MEDICINÆ DOCTOR.

E Musæo meo
Londini,
Prid. Calend. Maias.
An. 1662.

THE

THE PREFACE.

THe Abuses in Physick crept in by the man pretenders to knowledge, and intruders neither qualified nor authorized in the faculty, is now the Epidemical Disease of this Kingdome, destroying like the Plague, each Town and Village affords variety of examples, how frequently people drop away by dangerous Medicines, and sinister advice of illiterate and unskilfull Persons, is too obvious and apparent to the learned Physician, whose assistance now of late is most frequently desired, to correct the errors and repair the breaches, that unknowing persons have made, by their ignorant and bold experiments upon the bodies of each other.

Many there are the plenty of whose fortunes may well procure the best assistance and counsel the Art can afford; but such is their folly, rather then part with a Fee to an able Physician, will spend much more by a lingering sicknesse, and perhaps cost them their lives too, by using improper, insufficient, or pernicious Medicines.

Ton-

You will not trust a Garment to be made, but by an exact Taylor, educated and trained up in that occupation, but your Body you dare venture with an illiterate bold Empericke, or some honest Neighbour or Friend, who out of his ignorant kindnesse and foolish friendship to you, gives you a Medicine, whose future Effects perhaps will be worse then your present Disease, and if the Doctor hears not of you now, he is sure to have you not long after, in a worse condition; Si populus vult decipi, decipiatur. *These I have scarce charity to pity in their Miscarriages, through their sordid and foolish covetousnesse.*

As for the meaner sort of people, and those of a scant and low Fortune, not able to purchase Advice and Visits from the skilful Physician; that they may not betake themselves to deceitful Refuges, and juggling Quacks, who will abuse both their Bodies and Purses: here is a Storehouse and Treasury to resort to, furnished with variety of choice Medicines, where at a very small charge, they may receive the benefit of wholesome Medicines and good Advice, for their several Maladies and Distempers.

Here is for most occasions you will need, Cordial, sweating, purging, vomiting, roborating, restaurative, diuretical, discussing, opening and astringent Medicines: and this I may boldly say, they are as good as the Art appoints for these purposes; and for their Prices do you judge, whose Purses have paid for your experience and knowledge, if ever you took proper and effectual physick for your purpose, at so cheap a Rate.

A course in physick here at Spring or Fall, will not cause you to complain, how expensive your infirmities are; nor is here any large or loathsome Draughts to cause you to abhor the remembrance of physick; but the benefit you received from the last, with so little trouble and offence, will invite and incourage you to take again, when occasion calls for it. Nor will you doubt sophistication here, or carelesse and slovenly Composition, or ignorant and undue preparation; having once experimented the goodnesse of them, their operation and effects will speak, when I am silent, and prove what they are by evident demonstration, that you need not trust upon the credit of the Author but themselves. Nor shall you fear their goodnesse and integrity in their vertues, having kept the m

them months, or quarters, besides you for emergent occasions, according to their several times of duration set down and limited in the 24. 25, 26. Pages of this Book.

And for the better security, to prevent any casualty mistakes or abuses that may happen by opening them, they are carefully sealed up, with a Coat *of* Armes, *that no prejudice arise to defame the Medicines, and wrong the Author or Patient.*

Reject not any Medicine, if you be not cured with the first Dose. I do not promise you Wonders (Mountebank-like) *all are not curable, and those which are, require time and repetition of Medicines, especially where the Disease is great, or stubborne and contumacious, by long continuance, old age, complication of Diseases, imbecillity of Nature to co-operate: So far I dare affirm what physicke can doe in opposing or eradicating a Disease, you may expect from these (rightly and prudently used) being well acquainted with the most and best Medicines now used in* Europe.

Defame them not by your peevish impatience, or irrational indulgence to your own way and humour, by your mistakes and ignorance, in their taking or unfit ordering of your self; by untimely, preposterous, or insufficient use of them; by unfit Diet, in time, quantity or quality: by cold or any irregular course, in or soon after physicke, which brings discredit to the ablest Physitians, and best Medicines in the world.

You see here following their Vertues declared and what they aim at in their operation, which they have often performed with great applause and satisfaction. Your own reason with those plain instructions may easily guide you in the right use of them, to perform the like with you; that what others have said of them, may be verified in you, and readily you may say also, they are worthy to be famed and used.

Non satis est medicum suum
fecisse officium, nisi suum quoq;
ægrotus, suum astantes faciant
sintq; externa rite comparata. *Aph.*

A CATALOGUE of the Diseases and Symptomes for which the Medicines are proper and peculiarly appointed: also the several Pages Figured, directing you to your Disease and Cure.

Multæ ægritudines suæ naturæ sanabiles, ægri negligentia & errore, contra Medicinam saluberima respuentes, fiunt incurabiles.

Diag-

Diagnostic Signes.

WHereby every one may know their Constitution from thence, to order their Dyet and Costomes suitable to the same, for the prolongation and continuance of health: or reducing them from a distempered state, and Morbific inclination, to their Primitive Constitution and good temperament.

The diversity of Complexions or temperaments may be comprised under these four.

Sanguine, *Flegmatic*, Cholerick, and Melancholy.

Sanguine Constitution.

THe Sanguine person is moderately hot and moist, hath a lively pulse, vigorous actions, the veines full and large, of colour fresh and Rosy, for habit of body soft, fleshy and moderately fat, of a pleasant minde and good disposition.

The Sanguine person being of the best Constitution is to be preserved in that state and purity, from degeneration and depraved alteration; which is done by a due observance and regular course, in dyet, ayre, exercise and rest, sleeping and watching, voiding and retaining of Excrements, passions of the minde.

In Dyet observe the quallity, that it afford good *Nutriment*, and not hard of Digestion: Avoid Onions, Leeks, Garlick, Mustard, very salt meats either *Fish* or flesh, or what else hath a manifest quallity in extreame. Beware of strong Liquors, Spirits and Spices (except a little moderately for the stomacks sake) which inflame the blood and alter the purity of it, making it adust and cholerick.

In quantity be sparing, feed not high to a bestial satietety and fulness, intemperance viriates and ruines the best tempered body, but rise with an appetite, the spirits being alleviated not dulled or oppressed.

For times and manner of eating; observe you charge not the stomack again untill the former be concocted; nor with variety or divers kinds at once, both which are the parents of crudity.

Chuse an Aire temperate, serene and pure free from putrid vapours, arising from marrish grounds, Lakes and stinking Ditches, Dung-hills, or Carrions.

Use exercise, not violently, nor so on after meat, sleep moderately and seasonably, by going to bed soon and rising early.

Let no excrement of the first or second concoction be retained beyond its due time for evacuation, whether by stool, urine, womens monethly purgations; and use *Venus* moderately, and seasonably.

Let no passion disturb thy mind, but endeavour a sedate tranquility and cheerfulness, which is of great moment for preservation of health. *Sine animo Corpus, nec sine corpore animus, bene valere potest.*

Flegmatic Constitution.

THe flegmatic person is cold and moist, to action more dull and heavy, not so witty, sharp, and accute, for habit of body, more grosse and fat, not hairy, the veines small and hid, the haire white or flaxen, a soft, weak, and slow pulse; not so prompt to *Venus*, prone to sleep and ease; by cold things prejudiced, by hot things benifitted, incident to cold, and flegmatic distempers, the appetite greater then the digestion.

Let the flegmaticks dyet be warm meats, ofttner roste then boiled.

Sugar and Hony, mustard, salt and spices are lawful: Butter and Oyl is good Physick.

Olives, Capers, Broom-buds, Sampier, are good sauce.

Abstain

Abstain from raw fruits, Apples, Pears, Plumbs, Cucumbers, Melons, &c. as hurtfull.

Refrain green herbs and sallets, as Lettuce, Purslane, Sorrel, except Sage, Rosemary, Time, Marjerom, and some hot herbs.

Refuse Fish, milk, and milk meats, they increase flegme and beget obstructions.

Let thy drink be moderately strong; a cup of Sack sometimes is for thy health, to concock crude and flegmatick humours.

Drink no Sider, Perry, Butter-milk or Whey, they are too cold and moist for a crude raw stomack.

Indulge not thy self to sleep much, it is an enemy by increasing moisture and dulling the spirits.

Seasonable exercise and moderate abstinence is physick, and great preservatives of health.

Chuse a warm aire, and dry soile, remote from waters, the best place for thy abode.

Hot baths are profitable, and *Venus* a friend. The former cherisheth the spirits, opens obstructions, and dryes up superfluous moisture. The latter suscitates and stirs up the spirits, alleviates, and helps concoction.

Choleric Constitution.

THe Choleric person is hot and dry, eager and precipitate in his actions, contentious, hasty and angry; of body lean, slender, and hairy: the Veines big, a hard pulse and quick: of colour pale or yellowish the haire crisp or curled. Propense to waking, and short sleeps: subject to tertian feavers, choleric pushes and breakings out upon the skin.

Let this Constitution have a coole and moistning diet: most frequently boiled meats, rather then Rost or Baked, and fryed meats never.

Use Brothes with cooling herbs: or Barly brothes with fruite.

Milk, and milk meats are pleasant and not hurtful: Fresh fish is good diet.

Mustard, salt and spices exasperates Choler and makes it more fierce and biting: Vinegar checks it.

Refuse the fat and brown of meat, also the crust of bread.

Butter and Oyle is fuell to the fire; Sugar and Hony is like them, being soon assimilated and converted into choler.

Stewed Prunes with Tamarinds are good to cool, humect, and keeps the body soluble; to restraine and bridle this active humor.

Prunella's have the like effect, but not solutive.

Eat Sallets of Lettuce, Purslane, Sorrel, Spinage and Violet-leaves; they are medicamental aliment.

Delight thy self with Oranges, Lemmons, Citrons, Pomegranates, Apples, Quince Peaches, Apricocks, Damasens, Respas, Currants, Barberies, Strawberries, they are profitable to contemperate choler, cool and quench thirst, and very much refresh the parched spirits.

Avoid Wine and strong Liquors; they agitate choler, and rowzeth up thy sleeping enemy to disturb thee.

Buttermilk, Whey and Sider are good physick to extinguish and allay preternatural heate, to check the effervenation of raging choler, and are like water to fire.

Fast not but satisfie thy stomack when it calls for it: biting choler must have something to feed on, or it will prey upon thy body.

Cherish and indulge sleep, it cools and moistens.

Use little and moderate exercise: be not laborious but take thy ease.

Avoid violent motion, it fires thy spirits, and enrageth choler.

Fly Venus as a pernicious foe.

Cold Bathes is profitable and refresheth much, by cooling the blood, allaying the Spirits and concentring them.

Banish anger, immoderate care, peevishnesse and fretting which discomposeth the spirits, heats and wastes them, augments choler, dryes the body, and hastens old age.

Re-

Refraine Tobacco as an injurious custome, it exasperates Choler, by heating, drying, and evacuating flegme which contemperates, bridles, and checks the fury of acrid, sharp bilious humors.

Melancholy Complexion.

THe Melancholy person, naturally so from the first principles, is colde and dry: but a Melancholy temperament, acquired by Education, Customes and Accidents, by degeneration and admixture of other Humors adust, is hot and dry. Which makes the signes and symptomes of Melancholy to be different and various, and a difference is to be made in dyet and customes.

If Flegme be admixed and adust, they are stupid, dull and heavy: if from blood adust, they are commonly of a high Ruddy Complexion, and incline to laughter, wit, and mirth: if from Choler they are bold, fierce and angry: if from Melancholy adust, they are sad, fearful, and solitary.

The common Symptomes are a Pale, Black, or high Sanguine colour, leane body, and hairy, a little Head, large Veines, given to be watchfull, sad, solitary, suddaine laughter; a slow weake Pulse, troublesome sleepes and dreames.

Colde Melancholy hath milde Symptomes: if hot and adust, the effects are more churlish and furious.

For colde Melancholy, let the Dyet be hot and moist; for the hot Melancholy Person, let dyet be cooling and moist: in both let their meates be of light Digestion, affording good Nutriment, and not windy. As Mutton, Lambe, Veale, Capon, Chicken, Hen, Patridge, Phesant, &c.

Abstain from Venison, Hare, Goats flesh, Pigeon, Eeles, salt Beef, salt fish, Geese, Ducks; dryed meats, fryed or broyled; old Cheese, Beans, Pease, Rye-bread.

Refuse Cabbage and Coleworts.

Potatoes and Parsnips good; Carrots and Turneps not hurtful, if the person be consumptive, hot and dry.

Capers, Broom buds, and Sampier are good sauce, they open obstructions of the Liver and Spleen.

Mustard and Vinegar bad, and all soure sauces, they make melancholly more contumacious and fixed.

Spices not good, if the person be hot, they cause adustion.

Use Borrage, Bugloss, Endive, Succory, Baume, Fumiterry, Lettuce, Marygold-flowers, Violets, Clove-gillyflowers, Saffron, they alter and quallifie the humour, and cheere the spirits.

Use Barly Brothes with Prunes, Raisons and Currants.

If melancholly be adust, and your body hot and costive, eat apples, Cherries, Plums, Strawberries, and such like fruits, to coole and moisten.

Drink Whey, Sider and small white wines.

Refuse black wines and stale Beer.

Keep the body soluble, your head will be more free from fumes, paine, and heavinesse.

Cherish sleep, it refresheth the spirits, pacifieth a troubled mind, and banisheth cares.

Fly idleness, the nurse of melancholly: Exercise often, and follow business.

Walk in the green Fields, Orchards, Gardens, Parks, by Rivers, and variety of places.

Change of Aire is very good.

Avoid solitarinesse, and keep merry company.

Frequent Musick, sports and games.

Recreate the spirits with sweet, fragrant, and delightfull smells.

Moderate *Venus* good.

Banish all passions as much as in you lies, fear Grief, Despaire, Revenge, desire, jealousie, emulation, and such like. *Opus est te animo valere, ut corpore possis.* Cicer.

Tobacco

Tobacco naught (especially if melancholly be adust and a hot body) it heats, and exhausts humidity, makes melancholy more contumacious,

Give not your self to much study, nor night watchings, they both dry the body, and make humours adust, two great enemies to a melancholy person.

Physiological and Diæteticall Observations and Counsells.

IN the disquisition and diligent observation to know and finde out your own constitution by certain Characters, you must not expect all the signes before mentioned in the particular complexions to meet in one single person demonstrating this or that temperament: For there is not to be found a person so flegmatick, without the admixture of choler; nor so cholerick without some flegme; nor singley melancholy, without both; nor purely sanguine, but participating of all. From thence it is, the signes in this or that person are not all homogenious declaring one humour in particular, but mixed; as the humours also are different and mixed: but by comparing them together, you may easily discern, which do exceed in number and which are strongest in signification; from thence conclude such a humour to be predominate, and that to denominate the constitution; to which you must have a constant eye, that it grow not too luxuriant and abounding, from whence diseases will arise according to the nature of that humour, if not rightly moderated, qualified, and kept under.

Your temperament being thus rightly examined and found out; it will be no small advantage for the regulating all your actions and customes suitable thereto, either to preserve it in that state, if temperate; or reduce it from a distempered condition and sickly inclination;

which

which duely and rationally may be performed if you follow the rules and prescriptions in each particular Constitution appointed in the preceding pages.

If your Constitution be Flegmatic, do what the choleric person is forbidden; but if Cholerie, cleave to that the Phlegmatic person must avoid; if Sanguine, keep a mediocrity between both; if Melancholy, observe its proper remedies.

Change your dyet according to the seasons of the year, the variation of your temperament, and inclination to such or such a distemper. In Winter more meate, aand lesse drink: In Summer lesse meate, and more liquids: In hot weather a cooling dyet, in cold weather, that which is warme and heating.

Temperate bodies are preserved by temperate things, and their like; distempered bodyes are rectified and reduced by their contraries and dissimilar: a hot and dry body, must have a cooling and moist dyet; a colde and moist body, a hot and dry dyet.

The variety of humors in mans body, impugning one another with their contrary quallities, are not easily kept in subjection, but by a diligent watch and strict observance, in your daily customes and practice: for by a carelesse and irregular course the equallity of opposition is broken, and some particular humor growes predominate, which produceth distempers according to its nature, power, and heighth arrived at, and the condition of the subject or parts it chiefly infests.

As the external colour of the body is various and divers, such are the humors internal abounding.

The purity of the humors in mans body, render the minde more active, light, cheerful and airy.

The grosnesse, feculency and impurity, makes a heavy indisposed and depraved minde, clogging the soul as with fetters.

Who so priseth the integrity and perfections of the minde, must have an especiall care for the preservation of the body; being bettered or made worse by each others changes and affects; for the Actions and Passions of the minde doe very much follow and are subjected, to the temperament, nature, and quallity of the body.

Exeter

Exceed not in any thing, but keepe to a Mediocrity which is most Durable, and agreeable to Nature for its preservation.

Alter no customes suddainly, but by degrees, although from bad to better; suddaine changes are Dangerous and Injurious to Nature, which acts Gradually, and by fit Mediums.

Think not your selfe secure in any ill Course or Custome (contrary to the Rationall Lawes and Rule of Phisick) because you are not immediately Chastised with the Consequents and ill Effects thereof, concluding from thence all is Well; but know though the Errors be but small in one single Act, yet often repeated, Accumulate and Swell into great Distempers, which manifest themselves in that Season of the yeare, most suitable to their owne Inclinations and Disposition for such Productions. The Heates and Coldes taken in Summer; and the Luxuriant feeding on the Fruits of that season, produce dangerous Diseases in Autume following. The intemperate, Erroneous practice of Winter discovers it selfe, and Rebukes your Folly, by a sickly Spring. The change of the Ayre and Constitution of the Seasons, makes Impression upon the Humors of the Body, inclining to this or that Distemper, as they are predisposed and vitiated by your own irregular Customes and Practice.

Contemne not small Changes and Alterations in the Body, they are the Praeludiums, or warnings of greater to follow, but oppose them by a Rationall Practice and due Ordering of your self, in Eating and Drinking, Exercise and Rest, Ayre, Sleeping, and Watching, Venus, and Passions of the minde; refraining what may promote and aggravate your Morbific inclination, and Accustoming to that which Suppresseth and Checks it: being perswaded of this truth; the beginning of most Diseases are better cured by Regular Dyet, and due Order, then Physick.

Magna pars sanitatis bene moratus venter.

Signes indicating Purgation.

A Thick or muddy Urine, pale and thin, red and ill savoured, or often changing.

Lassitude and indisposition for motion or action.

Prickings or paines in the skin or flesh, erratic or fixed.

The complexion altered: dulness and unwonted heavinesse: restlesse watchings: disturbed and troublesome sleepe: sweatings in the night: fulnesse or distention of the belly and hypochonders: shortnesse of breath.

A loosenesse or flux of humors stimulating to expulsion: gripings in the belly.

Heavinesse, pain, or weaknesse (withoutt manifest cause) about the loynes, thighes, or knees.

These signes declare the body wants purging.

Satius est morbo ingruenti occurrere,
quam invalescenti cum periculo mederi.

Advice and Cautions in Purging.

IF your body be Costive, of a hot and dry constitution, prepare it some dayes before purging, with cool and moistning Brothes, stewed Prunes, Whey, or the like. Your physick will operate much better, with less gripings, and more effectual. For a hot and dry body sticks in the Physick so strongly, that it cannot work freely and kindly, as otherwise it would doe. If the weather be cold, correct it with a warm Chamber, and good fire: if very hot; take your physick early at 5. of the clock, and keep little or no fire: in so doing, you may take physick at any time of the year safely, and with successe, if occasion require.

Draw the Curtaines before your Windowes, and darken the Chamber, untill your Physick have done working.

If your stomack be very weak and nauseating; and not from

from repletion: or if you be in a high and acute Feaver, then use clysters.

In all violent paines, and inflamations of what part soever; in all contumacious obstructions of the Guts, take no purging physick but by Clyster, untill the body be open, and the spirits allayed.

Retain no purging Clyster above an houre, but part with it.

Esteem not the goodnesse of your purge by the quantity and number of stools; but by the quallity of them, and the effects afterwards.

Covet not strong purges, to have many stooles in a day (a common Error) which offers violence to nature, and forcibly sweeping down both good & bad together: but rather endeavor to attract the offending cause gently, by degrees, intermitting a day or two, giving nature time for separation of humors, you will finde it much more beneficiall, nature more kindly assisting, and lesse weakned.

On the intermitting dayes, keep a good dyet, with opening Broth and spoon-meat, to keep your body fluid, and ready for the next dayes operation: beware of cold that you obstruct not your body and occlude the passages & ductures before laid open, which will cause your Physick to work with torsions and gripings, and less effectual.

If the Morbific Cause lye in the stomack or bowels being in the passage, ready and near the place of Evacuation: you will not need so strong physick, nor so often purging, as when it is seated in parts more remote and at distance.

Delude not your self with one dayes purge, expecting great matters from it; you must know, the first Dose stirres up more humors then it can evacuate, and untill they be carried away, you cannot expect your desired effect, which will be after 3. or 4. dayes purging (time little enough to cleanse a foul body) but let it be with intermission of a day or two.

Take your purging Pills, or Electuary, early in bed, lye an hour, after that hour you may sleep, but not longer: when it begins to operate Sleep not, nor lye down untill your Physick

sick have done working; except you be weake, and your physick worke, strongly; then towards the latter end, you may lye down to refresh you, but not sleep except there be occasion to stay the working.

Drink a little thin Broth between your stools, made with a bit of Veale or Mutton, a Cruft of bread, a Fennel and Parcely Root: if you be opposite to Broth, drink Posset drink of small Ale or Beer. But if you have a hot Costive body, drink plain Whey, it is better then either, and your Physick will work more freely and easily.

Eat your Dinner 5 or 6 hours after your Physick taken, abstaine no longer.

All Pills are most easily swallowed with a little Beer or posset drink in a spoon.

Signes for Vomiting.

FUlnes or oppression at the stomack nauseating, loathing or vomiting. Losse of appetite and digestion, through soulenesse of the stomack.

Perturbation and trouble about the stomack and parts adjacent, by Humours floating upwards, having a tendency that way for Evacuation.

Bitter, or Acide belchings into the mouth.

Heat, and breakings out in the mouth and lips.

Opprime dum nova sunt subiti mala semina morbi. Ovid.

Advice and Cautions in Vomiting.

TAke your Vomit early in the morning, your stomack will sooner nauseate and discharge it self, and your Vomit work more freely and easily, when humors are floating and active.

If you be strong take it fasting; if weak or hard to vomit, eat a Messe of VVater-gruell with Butter in it, a little before.

Be very loose about your Stomack and Belly, that the Muscles may distend and contract, without Compression and interruption of their motion.

Drink small Beer Posset-drink, or warm water between your Vomits; and the more you drink the easier will you vomit, and sooner finish the operation.

Lye not down untill your Vomit have done working, except you intend to check the Operation: but if you be weake, and not well able to endure up longer; you may safely, it will refresh you, but sleep not.

When it hath done working, take two or three spoonfulls of Claret Wine boiled with a little Mint and Cinnamon, and lye to sleep.

Where there is Youth, or fit Age, strength of Nature, Custome or Facility and aptnesse for Vomiting; they may boldly and profitably use this way of evacuation, and discharge Natures burthen and oppression in the Spring, Summer, or Autume, when some of the foregoing signes doe prompt and indicate the same.

But if there be decay in Nature, and great weaknesse, debility of stomack by long sicknesse, or old Age; if with Childe, or subject to fits of the Mother, or Swooning; If the Head be weake and infirme, the Neck Long, Slender, and straight-brested; the Lungs and Vitall parts weak, or consumptive, or difficult and hard to vomit, or have a Rupture: let such persons avoid vomiting as dangerous and hurtfull, but rather chuse to draw the offending Cause downwards by Clyster, Pills, &c.

Advice and Cautions for Sweating, *with its Effects and Benefits.*

CHoleric and dry bodies, neither sweat easily, nor well endure it.

For Phlegmatic serous and Sanguine constitutions, sweating is more facile and beneficiall, and nature more prompt.

In cold, and moist Diseases, sweating profits much: as Palsies, Rheumes, Gouts, Dropsie, &c.

For Swarthy and muddy Complexions, discolourations and spots upon the skin, that arise from a foule Cachectic body; after due purgation, sweating depurates, thinns and cleeres the skinne.

In cold Constitutions, and where the blood is grosse, thick and impure, causing obstructions in the smaller vessels, or slow of motion; moderate breathing sweats clarifies the blood, attenuates, rarefies, and helps circulation.

All inflations by winde, or serous and watery humors that tumefie the skin, sweating transpires, evaporates and breathes out.

In all Malignant, Contagious and Pestilentiall Feavers; as Plague, small Pox, Measels, spotted *Feaver*, and the like; sweating Cordials is your chiefest help.

In all Contusions and Bruises, tumors and collection of *Humors*; after Phlebotomy and convenient purgation, by *Glyster* or otherwise, to retract the confluence of humors resorting thither; sweating and Diaphoritick Medicines, resolves, dissipates and scatters them, and relieves the part affected.

Winde and flatulent vapours in any Concave part engirt and kept in, by inveterate obstructions of the Ductures and passages, sweating opens the Pores, discusseth and by insensible transpiration sends them forth.

In all Defluxions and destillations to the Eyes, Lungs, Joynts or other parts; sweating moderates and abates the Antecedent Cause, diverts the course and current of the humor, and is very profitable.

In degenerations of the blood, Crudity, Acidity, Coagulation,

tion, putrefaction, &c. gentle breathing sweats procures fermentation, concoction, rarefaction, depuration, and conduceth much to its restitution.

Bodies subject to sweating in the night, either want purging, or else feed too plentifully.

Take no sweating Medicine untill you have first purged, unlesse the emergency and present necessity of the occasion, does not permit such a delay; as in Diseases of a Malignant, contagious, and venenate quallity.

First purge to cleanse and carry away the filth and grosser matter in the stomack and bowels, the fittest for that way of evacuation (that you drive it not into the habite of the body) then sweat to purifie the blood and external parts.

In the Venereal Disease, when the blood and spirits is taint'd and vitiated with a peculiar virulency and Malignity; to use proper and Specific Diaphoretics and sweating Medicines, is the safest, and best way for cure. *Præmissis præmittenda.*

Indications, Advice and Cautions for Bleeding, *with its Effects and Benefits.*

IF your veines be full and distended, breath a veine, or be very temperate, you are then subject to many distempers from plenitude.

If you feell a heavinesse or oppression of Spirits, a quick pulse and shortnesse of breath; open a Veine for Ventilation, and you will finde alleviation and refreshment.

In peracute and burning Feavers, and all dangerous inflamations, as Plurisies, Quinsies, Phrensies, &c. open a Veine speedily, by day or night, notwithstanding any contrary indication to forbid it.

In all violent and suddain paine contusions, and hot tumors collecting, open a Veine to prevent a Feaver, and to retract the Current of humors resorting to the part affected.

In all Diseases from plenitude, or conjunct with it, threatning suffocation and suddain death; as Lethargies, Convulsion,

on, Epilipsie, Suffocating Catarrhs, Hysteriacll passions, Palpitations of the Heart, rising of the Lungs, and such like, Blood-letting is very necessary, and beneficiall.

In all Evacuations of blood immoderate, and hurtfull, whether at the Nose, by Stoole, Urine, Vomiting, Spitting, Hæmorrhoides, or monethly Purgations, arising from Plenitude, Heat, Acrimony, or attenuation of the blood; open a veine for revulsion to turn the course and current, take blood a little at once, by a discreet Chirurgion; it is proper, safe and beneficiall.

In all Malignant and contagious Feavers, whether Plague, Small Pox, Spotted Feaver or the like: in the beginning, and before there be any appearance outwardly upon the skin, if the Feaver be intense and high, open a veine to mitigate and abate vehement Symptomes: but afterwards when Nature hath separated, protruded and brought forth the Malignity to the skin, opening a veine, retracts and draws back again; weakens and discourageth Nature, and is very dangerous and mortal.

To prevent Abortion in Women with childe, subject to miscarry by reason of plenitude and fulnesse of blood; breathing a veine at the Arme is very necessary for her safety.

In all Fevers requiring Phlebotomy, let it be done in the beginning when Nature is strong, and the Distemper lesse prevalent.

After long and wasting sicknesse, take heed of blood letting.

In Women and fatt bodies take blood sparingly; in men and lean bodies, and those who have large veines, take more freely.

If the Masse of blood be wholly vitiated and naught, be sparing in Blood letting; but purifie it by gentle Purgation, Sweating, Medicamentall Aliment and proper dyet.

Before

Before ten, and after sixty years age, let no Veine be opened but upon urgent occasion.

If the Disease be great and urgent, requiring large Evacuation, and Nature imbecile and weake; take blood at twice or thrice, itermitting 6 or 12 hours distance, as the skilful Chirurgeon shall see cause.

When Phlebotomy and Purgation are both required, and the Disease seated in the Veines and habite of the body; first bleed, then purge: but if otherwise, and chiefly in the stomack, bowells, and parts adjacent; first purge, then bleed.

If there be suppression of a wonted Evacuation, and Detrimentall; or obstruction contrary to the Law of Nature; open a Veine to exonerate and alleviate for the present, Nature will be betteer able to relieve it self for the future.

In Symptomaticall translations of a turgid humour, æstuations and ebullitions of the blood; causing a general perturbation, or erratic paines, restlessnesse and unquiet watchings in the night; Breathing a Veine Refrigerates, Allayes, and checks the effrenation of humours.

For Anniversary and imminent Diseases, arising from Plenitude, and Luxuriant blood: opening a Veine anticipates and prevents them.

In vehement Distempers requiring Phlebotomy, look not upon the quallity of the blood, but make detraction according to the quantity, having respect to the strength of the Patient.

After Phlebotomy use a spare and good Diet, that you fill not your Veines with crudities, and ill humours.

Ὁ μὴ πονήσας ἰατρὸς ἄδικος. *Isidor.*

ΠΑΝΟΠΛΙΑ ΙΑΤΡΙΚΗ.

The Physitians ARMORY,

wherein you may view

A Magazine of Rare Medicines,

Classically distributed and digested: Specificly appropriated; properly denominated; moderately prized; the full Doses in each Medicine numbred; the duration of each Medicine in its full vertue justly limited.

Appropriation.	Denomination.	Doses	Duration moneths.	Price. shil.	pence
To the Braine.	*Capital Pills.*	2	18	1	8
	Epileptick Powder.	3	24	1	6
	Cephalic Electuary.	many	12	1	6
	Catarrh Pills.	4	18	1	4
	Epileptic Amulet.	1	12	2	0
	Fuming Powder.	many	36	1	0
Eyes.	*Opthalmic Water.*	many	12	1	6
Heart.	*Bezoardic Antidote*	3	24	1	8
	Cordial Tincture.	3	24	1	6

Lungs

Lungs	Pectoral Electuary	many	12	1	8
	Asthmatic Pills	many	18	1	6
	Helio Confection.	many	6	1	8
Stomack.	Digestive Electuary.	many	9	1	6
	Stomack Pills.	2	18	1	6
	Great Elixir.	many	24	1	8
	Emetic Tincture.	1	12	1	0
Liver and Spleen	Hydropic Powder.	2	18	1	6
	Splenetic Pills.	2	18	1	6
	Spleen Plaster.	1	12	1	8
	Scorbute Tincture.	many	24	1	8
Guts:	Discussive Powder.	3	18	1	6
	Retentive Electuary	2	9	1	6
	Tincture for worms.	many	18	1	0
	Pills for worms.	3	12	1	6
	Clyster Electuary.	1	12	1	4

Reins and Bladder.	*Nephritic pills.*	6	18	1	8
	Roborating pills.	5	18	1	6
	Srengthning plaster.	1	12	1	6
Genital parts.	*Restringent powder.*	many	24	1	8
	Antivenereall pills.	2	18	2	0
	Expulsive powder.	1	12	2	0
	Hysterical powder.	3	12	1	6
	Feminine Pills.	2	18	1	8
	Womens preservative	4	12	2	0
Joynts	*Arthritic pills.*	2	18	2	0
Miscellaneous and Generall Medicines.	*Catholic Pills.*	1	18	1	0
	Aperitive Powder.	3	24	1	6
	Sudorific Pills	1	18	1	0
	Hæmatic Powder.	4	24	1	6
	Purgative Electuary.	1	9	1	0
	Issue Plasters.	4	24	2	0
	Febrifie Antidote.	3	12	1	8
	Camphire Powder.	many	24	1	6
	Cosmetic water.	many	12	2	0

General

Generall Instructions for the Doses, and Quantities, necessary to be observed in the taking of any Medicine: and the right Manner of keeping and preserving them from decay.

A Dose is the just and due quantity of a Medicine to be taken, or used at once.

The full Dose is for men and women of strength, but if they be weak and tender bodies, or by experience have found, that lesse will operate with them then other bodies require, let such take the Doses for the age 14 prescribed, I meane chiefly in vomiting, or purging Medicines.

Observe the quantities prescribed for the several Ages, and rather offend under then over, the next Dose you may amend by taking a little more, if the first be too weake, there is no harm in that.

After the first Dose of any Medicine taken, your own reason and ability of body, will easily direct you in the next, whether to keep to the same, to augment, or diminish: for you must know the difference of bodies is such in operation, that they require oftentimes a different quantity for their proportion to produce the like effect, which cannot exactly be determined and appointed, by the prescience of the most skilfull Physitian, untill the first Experiment and tryall of their bodies.

Therefore slight not any Medicine if it answers not your expectation at the first, but prove it farther, and alter the quantity, more or lesse, as you find it requisite for your purpose and condition of body.

But let me Caution you this: In Chronic Diseases that are slow of Motion, and gives you sufficient time for Cure, never desire strong Physick, but imitate Nature which acts Gradually and gently, does nothing Hastily and Violently. Physick can doe nothing of it selfe, but as an Auxiliary and help to Nature; and if Nature does not Cooperate, you must expect no benefit: therefore if you go

natures pace, you will have Nature assisting with the meanes: but if you be hasty and put all your hopes in the strength of your Physick, and strive to doe as much in one day as is fit for three dayes work, you precipitate Nature, defame good Medicines, and wrong your own body.

But when the Disease is vehement and accute, threatning suddain death, as Apoplexy, Lethargie and the like; then use sharp and quick Medicines, because the time for cure is but short, and will admit of no delay. *Vehementi malo, forti omnino auxilio opus est.*

What Medicines you would keep for a long time, to serve for accidental occasions; set them in dry places, not near the ground, or damp walls, nor in the open ayre, and they will remain in their vertue and goodnesse according to their several times prefixed, in the preceding Table of Medicines.

The Vertues, right Vse, and Due Quantities of each Medicine particularly and distinctly Declared.

For the Head;

THe Capitall Pills purge and cleanse the Brain from all superfluous Humours, that stupifie and dull the Rationall Faculty, or obstruct and hinder the right Operation of the Sensitive: they quicken the Memory, open the Ventricles of the brain, and free the Nerves from obstructions; conducing much to the cure of all infirmities seated in the Head and Nerves; as Convulsions, Falling-sicknesse, Apoplexy, Palsies, Vertigoes, Rhumes, Head-ach, dull sight or hearing: by taking away

away the Antecedent Cause that generates and produceth them.

Take them 3 or 4 dayes with intermission of a day or two, observing the directions for purging, in the 16, 17, 18 pages.

The full Dose is 5 Pills: for 14 years old 3 pills: for seven years, 2 pills.

The *Epileptic Powder*, is a specific Remedy against Convulsions, and Convulsive motions in Children. In the fit, observe by laying your hand, if there be a rising or working at the childes stomack, then put a Feather annointed with Oyle of sweet Olmonds into the throat, and cause the Childe to vomit up that suffocating flegme and crude matter that oppresseth; afterwards give a Dose of this Powder: but if there be no heaving at the stomack; apply a blistering plaster between the shoulders, and give the powder: you will see a good effect.

The Dose for 7 years old is one paper; for 3 years half a paper: for a year old, ten grains: for half a year, 6 grains, to be given in small Cinnamon water or Sack, if the Childe be two years old; if under, in black Cherry water or Pæony.

For prevention, give it 2 or 3 mornings together, at the first quarter of the Moon, and Full.

The *Cephalic Electuary* is a peculiar Medicine composed against infirmities of the Head; it Roborates the Braine and Nerves exceedingly, Concocts and Exsiccates abounding moisture, that produceth defluxions of Rheums, Scrophulous tumours and swellings of the Uvula, or Almonds of the Ears, confirms and restores the memory, acuates and sharpens the sight and hearing, very proper and beneficiall for all persons that are *Epileptic*, *Cataleptic*, *Apoplectic*, *Paralytic*, subject to Convulsions, trembling of the Nerves, that hath a weak brain and infirm head.

Take the quantity of a Nutmeg or more, fasting, upon a Knifes point, or in Rosemary posset which is better.

You may eat an hour after, and follow your businesse.

The

The *Catarrh Pills*, stops thin Rhumes that distill from the Head into the Breast, procures quiet sleep, incrassates the the Rhume, and prevents coughing in the night; being intended onely for such as are molested with coughing in the night, but in the day use Pectoral Medicines hereafter mentioned, for the *Lungs*.

Take them when you first lye down in bed two or three nights together, or every other night: they purge not.

The full Dose is two pills, no more: for ten years old, one pill.

The *Epileptic Amulet*, is a good preservative against the Falling sickness, Apoplexy, convlsions, Catalepsy, fits of the Mother, Incubus, or Night Mare, and Vertigoes. Whose virtuall scent comforts the brain, dissipates and expells all Noxious Vapours and Fumes that arise up to the head and afflict the braine and Nerves with those Symptomes, prevents, retards, or abates them in their return.

To be worn about the neck constantly next to the skin, by all persons so diseased, young and old.

The *Fuming Powder*, is very proper and fit for all those that have a cold, moist, or weake brain, it exsiccates and dryes up Rhumes, and all superfluous moisture, that causeth Distillations upon the Lungs, sore eyes, tooth-ach and such like, and also strengthens the head and Nerves much.

Use it morning and night, thus: strew a little upon hot Coals in a Chaffing-dish, and hold your head clothes, or cap over the swoake, so put them on warm.

For the Eyes.

THe *Opthalmick Water*, is excellent for sore Eyes, it restraines a Flux of Humours that resorts thither, cooles any inflamation there, mitigates any sharp Humour that causeth

seth itching, heat or readness, clears the sight and strengthens it.

Use it thus: Dip a fine cloth or feather in the water; and wash your eyes night and morning in bed.

In the interim refuse no good means to take away the Antecedent cause, as blood-letting and purging, where it is requisite.

For the Heart.

THe *Bezoardic Antidote*, is a most Soveraigne Cordiall against the Plague; it powerfully expells poysons, removes oppressions at the heart, and any surfeit or overcharging of the stomack, drives out all Putrid matter and Malignity, whether received by infectious and unwholsome Ayres, or otherwise generated in the body: very effectuall in the small Pox, Mesels, spotted Feaver to bring forth their Malignity to the skin, and to prevent returning inwards; of excellent use in all suddain sicknesses in young or old, to defend the heart and vitals, untill the distemper manifest it self.

Take it on a knises point, or in posset-drink, or any Cordial water, and sweat as oft as occasion requires.

The full Dose is the third part of the Medicine: for 14 years a fourth part; for 7 years old, a Dram; for 4 years half a dram, for 2 years 20 grains. *This great Composition is made as followeth.*

Antidotus Bezoard.

Rec. Rad. Contrayer. untias tres.
Scorzoner. gentian.
Angel. bistort.
Petasit. Torment.
Pimpinel. imperator.
Dictam. alb. Zedoar.
Vincetox. ana Uncias duas.

Troch. de Viper. Unciam unam semis.

C. Cer. philosoph. præp.
Terræ Lem. boliarmen.
ana unciam unam.

Fol. Scordii galeg.
Card. bened.
Rutæ Succisæ
Dictam. Cret: ana drachmas sex.

Baccar. Junip. lauri.
Cherm. sem. Citri.
Acetos, thlaspios napi
Oeymi pæoniæ.
granc parad. ana semunciam.

Flor. Calend. Tunicæ.
Croci macis
Caryophill. ligu.
Aloes. resinos.
Myrrhæ Castor.
alexiter. Vegitab.
nostr. ossis de Cord.
Cervi ana drachmas tres.

Lap. Bezoard. orient.
& occident. Margaritar.
præp. Alexipharmac.
Mineral. nostr. Cephal.
Elixir. Bezoard. nostr. opii.
Præp. ana drachmas duas.

Syr. Cinnam. q. s.

P. Electuar. ii. S. artem.

The

The *Cordiall Tincture*, is excellent for fainting fits, it chears the heart, restores the Vitall Spirits, and quickens decayed nature in feeble and weak persons, ; comforts and warmes a cold stomack, helps digestion, expells winde, and melancholy vapours that afflict the heart; very good in Palpitations of the heart, or oppression at stomack through Crudities and Indigestion.

To be taken at any time night or day, when any the aforesaid distempers require it.

The full Dose is a spoonfull and half: for 14 years one spoonfull: for 7 years old, half a spoonfull, and so proportionably to younger.

For the Lungs.

THe *Pectorall Electuary* stayes defluxions of sharp rheumes that fall upon the Lungs, mittigates their acidity and saltness which endangers Corosion, easeth your Cough, strenthens and defends the Lungs, prevents a Consumption, and is singular for these purposes worth your knowledge, and use.

To be taken at any time, the quantity of a Nutmeg or more, when your Cough requires it, but chiefly at night and morning in bed.

The *Asthmatic Pills*, is a great preservative to weake and decayed Lungs, opens Obructions and stoppings in the Breast, helps difficulty of breathing, old Coughs and shortnesse of breath, concocts tough *Flegme* and brings it up easily, or prepares it to be purged downwards.

Take them in the morning fasting, and at 4 of clock afternoon; 2 or 3 pills at a time; they purge not.

These Pills are very beneficial for cold, moist, and flegmatick constitutions; but if you have a Hectic Feaver, or have a dry Cough, or it proceeds from a sharp, hot, and thin rheume;

then this medicine is not so proper as the foregoing, and this that follows.

The *Hectic Confection*, is very well approved for Consumption coughs, and those that have a hot and dry constitution, or a *Hectic* Feaver; it cooles, moistens, and restores the Radicall moisture very much: easeth the breast that's pained with couging, and loosens the flegme: it helps a dry Cough and procures expectoration; is very restorative for consumptive and leane persons.

Take the quantity of a Nutmeg or Chestnut as oft as you please, and occasion requires, but not soon after meat.

For the Stomack.

THe *Digestive Electuary*, helps Concoction, and closeth the mouth of the stomack; represseth Fumes and Vapours that rise up to the head after meat; sharpens the Appetite, and is very pleasant and gratefull to the stomack.

Take the quantity of a *Nutmeg* half an hour after Dinner and Supper.

The *Stomack Pills* effectually cleanseth the first Region of the body; carries away all vitious Humors and indigested matter, that clogs the stomack, hinders digestion, dulls the Appetite, and which corrupts good Nutriment received: prevents and cures *Fluxes*, Gripings and paines in the Stomack and Bowels, from sharp biting Choler, or flatulent Crudity: Attracts and draws away all viscous, slime, and gross flegme, that generates obstructions from whence many Diseases arise.

Take them three or four times, Spring and Autume, or at other temperate seasons, if occasion require, observing the directions and cautions for purging in the 16, 17, 18 pages.

The full dose is six pills; for 14. years, 4 pills, for ten years old, 3 pills.

The

The *Great Elixir*, strengthens a weak stomack very much, procures good digestion and appetite; takes away crudities, nauseousness and sowre belchings from off a raw stomack, and fortifies it exceedingly, but if the stomack be very foule, stuffed and clogged with gross flegmatic humors, or hot Choleric humors fluctuating and broiling upon the stomack; then first clense downward with the stomack pills; or upwards by vomit with the Emetic Tincture: afterwards strengthen with this Elixir, and you will finde a great alteration both for Appetite and Concoction.

To be taken in a little Sack, or other Wine most agreeable to your stomack (but not alone) in the morning, fasting an hour after; and at 4 of clock afternoon.

The full Dose is 30 drops; but for young people and children so many drops as they are years old.

Shake the Bottle when you use it.

The *Emetic Tincture* dischargeth the Stomack by Vomit, of all Superfluous, Crude and Noxious Humours that fluctuate upon the Stomack, or lodge in the parts adjacent; it takes away bitter and Acid Eructations and Belchings, Vellications and Gripes in the Stomack from Bilious Humors; very proper and successfull in the cure of Agues, Obstructions of the Liver and Gall, which causeth the Yellow Jaundice: takes away immoderate thirst and heat of the Stomack, by Evacuating Choller and Humours adust: Cleanseth from all impurities, and makes the Stomack fitt for Reception of wholesome Food: make it a little Warme and take it according to the Directions for Vomiting, set down in the 18, 19. pages.

The full Dose is the whole Medicine, for Men and Women of strength: but for tender bodies, and for the age 15, take but three parts of it.

Liver and *Spleen*.

THe *Hydropic Powder*, is a peculiar Medicine that attracts all serous and watry humors from any part of the body and evacuates them; opens obstructions of the *Liver* and *Mesaraick* veines, and is the most effectual purge for Dropsies that I know.

Take it in a little Posset drink or white Wine warmed fasting, 2 or 3 mornings in a week and keep house, eat not untill noon; observe the directions for purging in the 16, 17, 18 pages.

The full Dose is one paper; for the age 14, three parts of a paper, or but half if a weak or tender person; and so proportionably to younger.

The dayes you purge not, drink a good draught of Wormwood wine, and eat some white Biskes every morning, and at 4 of clock afternoon.

The *Splenetic Pills*, opens obstructions of the Liver and Spleen, easeth their pains, and carries away the obstructing humours, abates their tumors, and distention of the Hypochonders and softens them: Very usefull and proper in the cure of the Jaundice both Black and Yellow, Hypochondriac Melancholy, the Scurvy and such like seated in those parts, by purging away the feculent matter that subside and obstruct the vessels.

Take them twice or thrice, observing the directions for purging in the 16, 17, 18 pages of this Book.

The full dose is six pills; for 14 years, 4 pills: for ten years old, 3 pills.

The *Spleen Plaster*, is excellent for Paines and tumors of the Liver and *Spleen*, to disperse the Winde, and dissipate collected humors, and to soften any scirrhus hardnesse in those parts.

Apply

Apply it to the pained place, the hollow side inward, towards the belly, and let it stick on a fortnight or three weeks. But with all remember the foregoing Pills, to Evacuate and empty the vessels distended and obstructed with winde and humors, and to cleere the passages and Ductures, as the Plaster removes, agitates and drives back the offending cause.

The *Scorbute Tincture*, is a specific and most certain Remedy against the Scurvy, sufficiently experimented and approved.

To be taken (most exactly and properly) in Rhenish Wine and the juce of Orange, every morning, fasting, Spring and *Fall*, for two or three weeks; also at other times of the year if occasion require.

The full Dose is half a spoonfull: for fourteen years a third part.

If the body be foul forget not to purge.

For the Guts.

THe *Discussive powder*, penetrates, opens, discusseth and expels winde and all flatulent Vapours that distend and puffe up the Belly and Hypochonders; helps the Cholick, and Iliac passion, and all distempers, pains, and gripes, from winde or cold in the Guts and Stomack.

Take it in warm Posset drink, at any time when occasion requires: If you boile a little *Liquorice* in the Posset drink, you add to the goodness of the Medicine.

The full Dose is one Paper: for 14 years old, halfe a Paper.

Also that a more free passage and vent for the winde may be given, take the following Clyster, if your body be costive, or the occasion urgent and extreame.

The *Retentive Ellebory*, stops all Fluxes of the belly, by attracting and collecting the peccant humor onely, that stimulates

to expulsion, and by and Evacuates and sends it forth, whether it be sharp, bilious, or acide serous humours; a saline irritating flegme, a stinking corrupt Colliquation, or Acride and Adust Melancholly; having also an astringent Vertue to binde afterwards, and to roborate the Retentive faculty, the offending cause being removed; this is the onely way to expell the cause, stop the Flux, and prevent danger that may ensue.

To be taken on a knifes point fasting three or four mornings together, more or less as the greatness of the occasion requires, untill the Cause be Eradicated, the Flux stayed, and all Symptomes allayed: *W*omen with childe may safely take it, or any person whatsoever.

The full Dose is half the Medicine: for 14 years, a third part: for 7 years old a fourth part.

Keep house, for colde provokes the Flux; neither eat or drink of two hours after the Medicine, and then Almond Milk or Whey is the best you can take; which you may drink freely night or day, if you be griped in the belly.

The *Tincture for Wormes*, is excellent for young Children that cannot take the following *Pills*, having the same effects, save onely it purgeth not: therefore give it in a little Syrupe of Rubarb, or Roses, if that cannot be had, 2 or 3 mornings new Moon and full.

The Dose is 12 drops for six years old; 8 drops to 4 years; 4 drops to 2 years old.

The *Pills for Wormes*, both kills, and prevents their breeding, by carrying away the putrid matter whereof they are generated, clensing the stomack and bowels from filthy corrupt humors; restores the stomack and complexion thereby decayed, amends the ill savour of the breath, and corrects many other Symptomes which wormes produce.

Take them two mornings together, new Moon and full; observing the general directions for purging in the 16, 17, 18, pages of this book.

The

The *Clyster Electuary*, is very usefull and of speedy help, in all pains and gripings of the Belly, Cholic, Stone, Spleen, Costiveness, Feavers, pains in the head and upper parts, by drawing the offending Cause downwards and evacuating it: very fit for those that can take no puring Physick but this way: it attracts Choler, Flegme and Melancholy. Use it thus.

Take a pint and half of Ale posset, half a handfull of Fennell seeds bruised grosly, or Annise, boyle these to a pint, strain it: in this liquor then dissolve the Electuary, put it in your Clyster bag fitted, and give it warm, then lye upon your back and retain it half an hour or 3 quarters if you can: you may repeat it if occasion require: you will find great ease, and suddain help.

For children give but half, or a third part, more or less according to their age.

For the Reines and Bladder:

THe *Nephritic Pills*, clenseth the Reins and Bladder of sand and gravel that generates the stone, opens the Urinary passages and frees them from slimy, or any gross matter that obstructs the Uriters, they provoke Urine, cool the Reins, prevents the stone, helps the Strangury and suppression of Urine.

Take them 2 or 3 mornings in a week fasting, (at any time of the year, when occasion requires) an hour after drink a good draughts of White Wine and Ale, then follow your business; they purge not by stool, but by Urine onely.

The Dose is 5 pills: for 14 years 3 pills.

The *Roborating Pills*, are very good to strengthen a weak back in man or woman, to stay the whites, helps the retentive faculties of the Bowels and naturall parts, strengthens the Old age and weak persons.

Take them two or three mornings in a week, in bed early, sleep after them, when you rise drink a glass of Mulkadine, and follow your business.

The Dose is 5 pills: for 14 years, 3 pills.

The *Strengthning Plaster* is of excellent use in all straine and weakness of the back, removes paine and Aches there, gives strength to the Spine bone, and knits a loose back; it likewise helps all tumors, pain, and stiffnesse in any part, by falls, blows, hard labour or colde; it helps all Weakneſſe, Spraines, and Wrenches of any joynt, strengthens the Ligaments, comforts the Sinews, and draws out superfluous moisture that relaxeth any part, or causeth paine, and defends it from a flux of humors.

Apply it to the grieved part, and let it stick on three or four weeks, it will restore and help you of your infirmity.

For the Genitall Parts.

THe *Restringent Powder*, staies a Gonorrhæa or runnig of the Reines, so called; mitigates and asswageth paine that proceeds from any sharp or hot humor in the Privities of man or woman; heales any Exulceration there, takes away any itching or troublesome heat, cooles much, and restraines effectually the debility and weakness of the spermatick vessels.

Use it thus: take a pint of Plantane water, half a pint of White wine, one paper of this powder, mix them well, by shaking it together in a bottle, then with a Syringe inject it into the privy part morning and night, you will finde great help and ease.

But if the Gonorrhæa be virulent, and proceed from the Pox; then it is requisite also that you take the following Pills to purge and cense your body from that Malignity and virulency wherewith the humors are tainted and vitiated. For if you stop the Gonorrhæa and do not also take away the impurity of the Disease, you retain is in the body to your prejudice.

The

The *Antivenereall Pills*, are a specific Remedy against the French Pox, to clense and purifie the body from any infection and putrid matter arising from thence; they purge downward, all foulness of the body, and by a peculiar propriety attract the venome of that Disease.

The full Dose is 4 pills: for tender and weak persons 3 pills is sufficient.

Take them 5 or six times every third or fourth day, according as you finde the ability of your body, and the operation, observing the directions for purging in the 16, 17, 18, pages of this Book.

After the first Dose of Pills, if you be young and sanguine, or of a hot constitution, or so acquired by this Disease, then let a a Veine be opened in the arme, and take blood at the discretion of your Chirurgeon.

After purging you may sweat 3 or 4 times with the *Sudorfiic Pills* to purifie the blood, see page 43.

The *Expulsive powder*, is an approved help for the safe delivery of Women in labour when all other meanes have failed, giving strength both to the Woman and Childe, and speedily procureth the birth by Gods help.

Give it in a spoonfull of Cinamon water, at the due time for delivery, and no time else.

The Dose is one paper.

The *Hysterical Powder*, is a specific remedy against fits of the Mother, very soon abates their violence, dispersetb the Vapours, shortens the fitt, and reduceth the Patient to her sense and reason.

Give it once or twice that day you have them, in half a pint of Spring water colde.

For prevention take it once in a fortnight or 3 weeks, in the morning fasting.

The Dose is one paper.

The *Femenine Pills*, clenseth and opens all obstructions of the Matrix, cures the green sickness, effectually, and restores the complexion, prevents fits of the Mother, in those that are subject to it, and dispersetb the vapours; brings the termes into

their right order according to the course of Nature, and purgeth women excellently.

Take them 3 or 4 times, observing directions for purging in the 16, 17, 18 pages of this book

The full Dose is 6 pills: for 15 years: 5 pills, or but 4, if she be a tender body and easy to operate.

The *Womens Preservative*: is an excellent Powder, very successful and of great use to prevent miscarrying in *Women* with child: also very Cordiall and strengthning for weak women.

Take it once or twice in a week fasting, in a glass of Muskadell; you may forbear taking the last moneth of your time.

The Dose is one papir.

But beware of Dancing, stretching, leaping, carrying of any weighty thing, riding, suddain motion, fear, or grief streight lacing, surfeiting and illdyet which break out into *Fluxes*, and are very dangerous for woman in this condition.

For the Joynts.

THe *Arthritic Pills* are a peculiar approved Remedy for the Gout, in the Feet, Knees, Hip, or Hands; whether fixed in one joynt, or erratick from place to place: they Attract the Peccant humor from the Joynts, and Evacuates it by seige; they also purge out Phlegmatic, Serous, and Choleric humors, and cleanse the body well.

The Dose is 4 pills for man or woman: tender and weak bodies may take 3: observe the generall directions for purging in the 16, 17 18 pages.

For prevention, take them 2 or 3 dayes in the middle of *March*, and at the beginning of *September*; if blood abounds open a vein to abate it; but if the pain hath seased you already, and that violently, open a vein to prevent a *Feaver*, to retract the current of humors, and to abate the fierceness of it: if pain be in the right *Leg*, open a vein in the right arm; if in the left Leg, open a vein in the left arm; if pain be in the right arm, open a vein in the left arm, and so the contrary: take blood according to age, strengh, plenitude, & greatness of ye cause, as the skil-

full

ful Chirurgions sees fit. In the interim make use of the Camphire powder to asswage pain, as it is directed in the 45 page. After bleeding, the day following take the pills, and the next night after.

Miscellaneous and *General Medicines.*

THe *Catholick Pills* purge Choler, Flegme and Melancholy from all parts of the body, carries away all superfluous and putrid humors that seetle or fix in any part to breed diseases: they prevent Feavers, Agues, Fluxes, breakings out upon the skin, Itch, Impostumes; takes away all filthy matter that engender wormes, and keeps the body clean and pure.

Take them 2 or 3 dayes Spring and Autume, or at other temperate seasons if occasion require; observing the directions for purging in the 16, 17, 18 pages of this book.

The full Dose is 4 pills: for 14 years old, or tender bodies 3 pills: for 7 years 1 pill.

The *Aperitive Powder* very effectually opens all obstructions of the Liver, Spleen, Guts, Pancreas, Mesentery and Matrix, and is very usefull and necessary in the cures of Hypochondriac Melancholy, Scurvy, Dropsies, Cholic, tumors or pains in the Liver and Spleen, the Green-sickness especially, and all Diseases arising from obstructions.

Take it fasting in Rhenish, wormwood, or plain White Wine, 2 or 3 mornings together, before purging; and also the intermitting dayes between purging, and stir about or use exercise after: it prepares and opens the body excellently, whereby your purging Physick will operate more effectually for your purpose, and expedite your business.

The Dose is one paper: for 14 years 3 parts of a Paper.

The *Sudorific Pills*, procures sweat excellently and purifies the blood, dries up rhumes and watry humors abounding; diverts distillations from the Lungs and other parts; are a great preservative against the running gout, or fixed; expels all putrid humors by transpiration; drives out all colds newly taken, or old; helps old aches; prevents & cures agues, feavers, smal pox, measels

and all Diseases generated of putrefaction, and is the most pleasant and easie Medicine you can desire for sweating.

You may take them two or three mornings fasting in bed covered warm; a quarter of an hour after, drink a good draught of Rosemary posset; or Lemmon posset if you be Feaverish, and sweat 2 hours; then take off clothes by degrees and cool carefully, and beware of cold afterwards, the Pores of the body being open.

The full Dose is 4 pills: for 14 year, 3 pills: for 9 years 2 pills.

The Hæmatic Powder, restraines immoderate flowing of the termes, and stayes all issues of blood, whether by Stool, Urine, Vomiting, or Spitting.

Take it in a draught of Veriuce posset cold, morning and evening, and if the party be young or Sanguine, take away a little blood at the Arme, by a discreet Chirurgion to divert the course; it is safe and proper.

The full Dose is one Paper: for 15 years old, 3 parts of it.

The *Purgative Electuary* is a generall purge that clean seth all parts, and takes away both Choler, Flegme, and Melancholy; very useful for those which cannot take Pills, or have a costive and dry body.

Take it in the morning early, on a knifes point; or mix it with posset drink and make a potion if you please; observing directions for purging in the 16, 17, 18, pages of this Book.

The full Dose is the whole Medicine: for 14 years old, 3 parts of it: for ten years, half: for 7 years a third part.

The *Issue Plasters*, attracts and draws superfluous and corrupt humors from all parts of the body to the place: causeth your issue to run, and brings away filthy matter, which produced and inclined you to many Diseases and distempers; they keep your issue cool and prevent inflamation: very commodious in Journeyes or Voyages, one of them will last a moneth in wearing; wipe it and turn the otherside to the place every dressing, and lay a paper upon it.

The

The *Febrifick Antidote*, resist all Agues or intermitting Feavers, changeth the constitution and distemper of the blood, checks the Fermentation and Ebullition of it, mitigates and abates the *Rigor* of the Fits, alters the course of the Disease, and by degrees quite eradicates it.

Mix it with a little juce of *Lemmon* in a spoon, and take it every fit day, 2 hours before the fit comes, and go to bed presently; lye to sweat, and sleep if it doth so dispose you: Lemmon posset, you may drink in your hot fit freely.

The full dose is a third part of the Medicine: for 14 years a fourth part: for 8 years old a dram.

Moreover, because these Fitts are accommanied with impurity and foulenesse of the Body, it is requisite there be some Evacuation made to cleanse the Stomack and parts adjacent; else from thence there will be a continuall supply of Crude and Corrupt Nutriment sent into the Veines, wherby the Masse of blood shall never be Depurated, and so remaine under the same Distemper a long time, or Degenerate into some other as bad or worse, when these Fits of Febrific Fermentation *cease: therefore if you have a fulnesse at the stomack, nauseating or inclination to Vomit in your fits, then forbeare this Antidote once, and 2 houres before you expect the next Fitt, take the* Emetic Infusion *to vomit, observing the same Order as is directed in the* 18, 19 *pages of this book for Vomiting.*

Those dayes you have no *Fitt*, to take a Clyster is very propr and beneficall, to cleanse and carry away the Morbific Cause: the *Clyster Electuary* is for your purpose, see page 39.

If you refuse Clysters, take the *Catholic Pills*, page 43.

The *Camphire* Powder, cures all Tettars, Ringwormes, Scabs, Itch, Frettings and Gallings of the Skinne, Choleric Pushes and Pimples in any part of the Body: it asswageth all Pains of the Gout in the Hands, Feet or Knees, is a good preservative to defend the Joynts from the Reception of any such Humor, by knitting, binding, and strenthening them: it Repells a Flux of Humours resorting to an infirme, depending or relax part: it cooles and abates all outward inflamations, represseth

seth tumors and mitigates their pain; it hardens tender and sweating feet and makes them bold upon the stones; kills chilblanes, and easeth pains of the feet molested with sharp pricking humors; is very good for old Ulcers and sores, by cooling, drying and healing.

To be used thus: Put the powder into a pint and half of Smiths water, and boyle it to a pint, and with this Liquor (milk warm) bath the places affected twice a day, morning and night.

But if you intend it for Pimples in the face, then boyle it in White wine.

This Powder will be damp and moist sometimes, it is the nature of it, and not the worse.

The *Cosmetick Water* is of an abstersive faculty to clense, purifie, and thin the skin, in a short time it alters a dull muddy complexion and makes it bright and clear: it takes away Sunburning, Morphew spots and Freckles, and puts a lively colour into the face, without any future prejudice to the skin, as *Mercurian* waters and such like are wont.

Use it thus; shake the Bottle well, then wet a fine cloth in it and wipe your face over (not your eyes) every morning: and at night when you go to bed, wipe your face with a cloth dipt in milk, thus doing, you shall have the desired effect.

FINIS.

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Where also you may have the Medicines.